

RECIPE Seafood Satay



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 10 minutes
Cook time: 5 minutes

Ingredients

- 1 lb large peeled shrimp or scallops, or a combination
- ¼ cup light coconut milk
- 2 Tbsp natural peanut butter
- 2 tsp low-sodium soy sauce
- 2 tsp sesame oil
- 2 tsp rice vinegar
- 1 tsp honey
- 1 tsp sesame seeds, toasted
- 1 tsp minced garlic
- ½ tsp minced fresh ginger
- ½ tsp hot Asian chili sauce (or to taste)
- 3 Tbsp chopped fresh cilantro or parsley

Directions

1. Preheat the barbecue or

a non-stick indoor grill to medium-high. If using wooden skewers, soak 4 skewers in water for 20 minutes.

2. Thread seafood on skewers.
3. Mix remaining ingredients.

4. Brush skewers with half the sauce. Spray grill with cooking oil and cook skewers, turning once, for 5 minutes or until the seafood is just cooked though.

5. Serve with remaining sauce on side. Sprinkle with the cilantro and additional sesame seeds.

Nutrition per serving (recipe serves 4)

- Calories 173
- Protein 20 g
- Carbohydrates 4.4 g
- Fibre 0.8 g
- Total fat 8.4 g
- Saturated fat 1.9 g

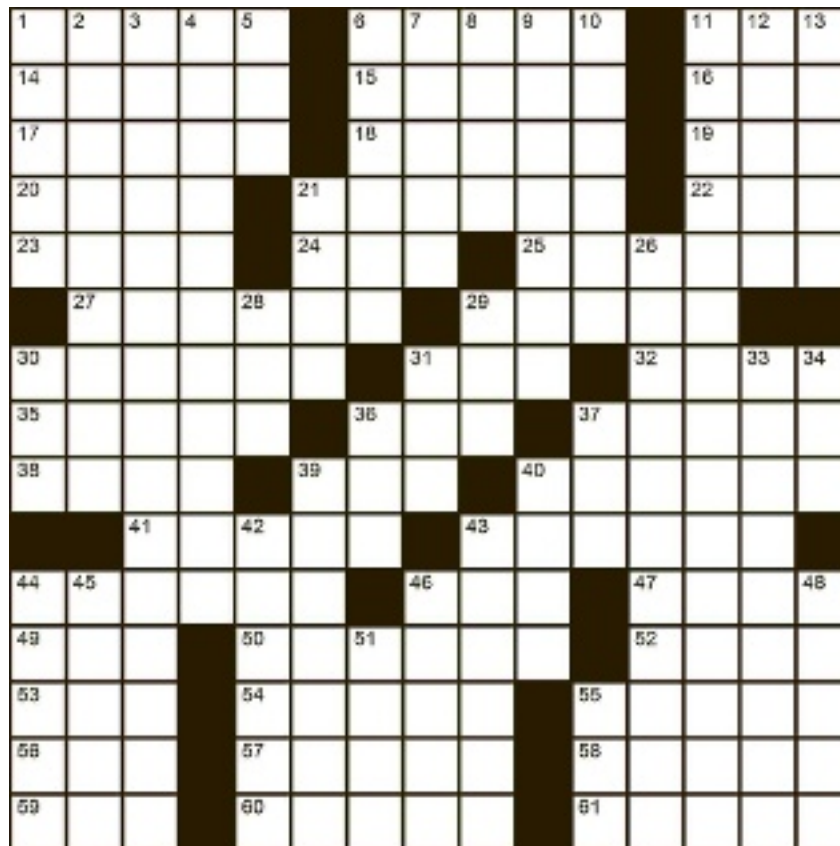
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Entrepreneur/mogul, Sean '___' Combs
6. Pierces
11. School org.
14. 403 in ancient Rome
15. Principle
16. Functioned
17. Classic fabric
18. Anoint, archaically
19. Type
20. Time ___ the essence
21. Explode: 2 wds.
22. "Kill Bill: ___ 1" (2003)
23. Flower shop item
24. Literary contraction
25. Demi Moore movie in which she shaved her head: 2 wds.
27. ___ International Airport, in Newfoundland
29. Ms. Jackson
30. Austrian composer, Franz ___ (b.1787 - d.1863)
31. "Corner ___"
32. Portions, briefly
35. Rid of certain vermin
36. Young sheep
37. Line
38. ___ up (Be livelier)
39. Peach's inner
40. "Gigi" (1958) star Ms. Caron
41. Spooky
43. Retro series on Montreal-born actress Jessica Pare's



resume: 2 wds.

44. Joe ___ (Canadian designer who will be on the upcoming season of CBC's "Dragons' Den")
46. Long-snouted fish
47. Eye part
49. Actress Ms.

Green

50. Home of Odysseus
52. Mr. Shankar
53. "___ ever!" (And how!)
54. Neutral shade
55. Director, Michael ___
56. Prince Vali-

ant's son

57. Mr. Woods of golf
58. Beach towel site
59. Fleur-de-___
60. Toboggans
61. Benjamin ___ (Kamloops, BC born actor)

DOWN

1. Cato's 654
2. Differer's declaration: 2 wds.
3. Drumheller, Alberta: Earth's extinct extractions: 2 wds.
4. Name of the wolf-dog on "Due South"

5. Yang's counterpart
6. Less recently-baked
7. Carpentry joint, mortise and ___
8. Afresh
9. Type of whales
10. Intervene: 2 wds.
11. Ride leading to a penthouse suite: 2 wds.
12. Jean-___ (Montreal metro station)
13. ___-length boots
21. Root ___ (A&W specialty)
26. "Damn!" or "Blimey!", Canadian-style: 2 wds.
28. P.I.
29. Series for Canadian actor David James Elliott
30. Economy stat.
31. Acquire
33. Arthurian Legend lady
34. Date
36. Connect
37. Proof-ending letters
39. Northern ___ (Duck variety)
40. Ms. Spencer of "Good Morning America"
42. Bonnie of song, and surnamesakes
43. Bearers of ceremonial staffs
44. Soldier's honour
45. Off-white
46. Gawked
48. Army assistants
51. Massive
55. Sly ___ fox

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Make things easy for yourself and learn from other people's mistakes. You can do your own thing in your own way if you wish but wouldn't it be better to tread in the footsteps of those who have been there?

Taurus April 21 - May 21
You will have to work closely with people you would probably prefer to avoid over the next 24 hours. But don't worry, it won't be too much of an ordeal and come this time tomorrow you'll be saying your good-byes.

Gemini May 22 - June 21
You have a huge sense of optimism and self-belief but it does not mean you will be free of the consequences of your actions. Think before you act over the next 24 hours — it could save you a lot of trouble.

Cancer June 22 - July 23
You don't feel under so much pressure and can spend more time with those you love. For too long you have kept your feelings under wraps — now it's time to show them off.

Leo July 24 - Aug. 23
You seem to believe that there is no longer any danger, that your critics and rivals have all been dealt with and no longer pose a threat. Maybe you're right, but can you be sure?

Virgo Aug. 24 - Sept. 23
The plans you make over the next few days may have to be revised in the light of new information come next weekend, so don't make them too binding. Remember: there is a world of difference between creative thinking and wishful thinking.

Libra Sept. 24 - Oct. 23
You may have strayed a little off course of late but don't worry about it. What happens today will point you in the right direction and make you realize that you are really not that far away from where you should be.

Scorpio Oct. 24 - Nov. 22
Be careful what you ask for over the next 24 hours because, having got it, you may decide that you don't want it after all. Not only will that be embarrassing but you may have to pay someone to come and take it away!

Sagittarius Nov. 23 - Dec. 21
Focus on the one or two things that really matter and let everything else look after itself. Like all Sags you are easily distracted but you can and you must concentrate on what is important today.

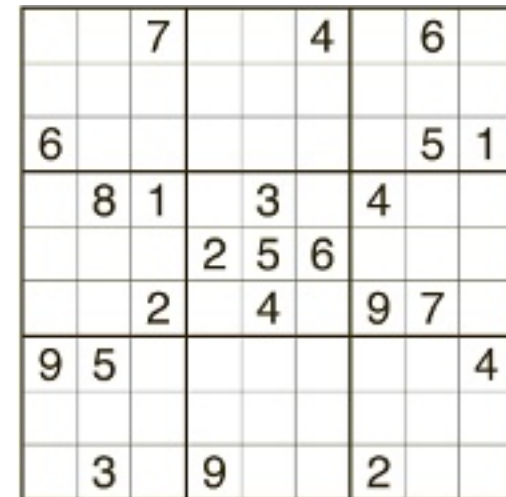
Capricorn Dec. 22 - Jan. 20
Whatever you are working on now you must make a good job of it. If you try to get away with less than perfect work you will most likely have to go back and do it all again later.

Aquarius Jan. 21 - Feb. 19
It will pay you to keep a low profile today. Nothing bad is likely to happen if you stick your head above the parapet. But calling attention to yourself could result in extra chores you really don't want to do.

Pisces Feb. 20 - March 20
You may have nothing to hide but that does not give friends and family members the right to probe into your private affairs. Anyone who tries to do so today must be told in no uncertain terms to mind their own business.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★★★★★

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Your essential daily news | TUESDAY, MAY 26, 2015

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**Happier,
 safer family**

One-year-old Victoria, with parents Melissa McMahon and Simon Boisclair, at Facebook's Canadian launch of its Amber Alert system on Monday in Ottawa. Story, metroNEWS. THE CANADIAN PRESS

Nancy Lane pleads guilty to manslaughter

COURT

**Ex-councillor
 didn't provide
 proper care to
 her husband**

**Michael
 Woods**
 Metro | Ottawa

The murder trial of a former nurse and Prescott councillor ended abruptly on Monday with a surprise guilty plea to manslaughter.

Nancy Lane, 55, had been accused of first-degree murder in the October 2009 death of her husband, Art Lane, a former union leader.

But defence lawyer Norm Boxall said a recent pathology report showed the most likely cause of Art Lane's death was heart disease. That development, Boxall said, "strengthened the position we've advanced all along, that it was a natural death."

An agreed statement of facts read out in court by Crown attorney Dallas Mack said Lane does not admit to administering any drugs or medicine to her husband. However, she does admit she didn't provide the necessities of life to her ailing husband in their home in Athens, Ont., about 130 kilometres south of Ottawa.

Although the pathology report found it was possible that one of the drugs in Art Lane's

system contributed to his death, the pathologist was unable to conclude that it did, Boxall said.

Lane is a former registered nurse and Prescott municipal councillor. The Crown had accused her of poisoning her husband in order to claim a \$200,000 life insurance policy and be with a conman half her age in the Dominican Republic.

"It's been an incredibly difficult ordeal, because she's had to live with ... the suggestion that she deliberately poisoned her husband," Boxall said. "It's taken a long time for that medical science to show that's just not the case."

Lane remains out on bail awaiting a June 4 sentencing hearing before Ontario Superior Court Justice Robert Maranger.



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SCIENCE FAIR

City student debuts cancer-fighting virus



Haley Ritchie
Metro | Ottawa

Forget the potato-powered light bulbs and rubber-band-powered cars — the Sanofi Biogenius competition is a whole new level of science fair, and participants are busy trying to cure cancer and splice plants instead.

One Ottawa student from Colonel By Secondary School is hoping his project — a designer virus that could aid cancer patients — will be selected as Canadian finalist on Tuesday.

“Initially when people think of science fair projects in high school they think of papier-mâché volcanoes,” said Aditya Mohan, explaining how he got started in the high level competition.

“I knew there was more out there than what I had access to, so I started looking into labs that might accept a high school student,” he said.

In Grade 9 Mohan contacted over 300 different labs in Ottawa, hoping to work with them to jumpstart a research career. For the past two years Mohan worked with researchers at the Ottawa Hospital.

“The more I was able to get



In the medical profession we can use creativity and human intellect to save lives.

Aditya Mohan



Aditya Mohan
HALEY RITCHIE/METRO

mentorship from these amazing professors, the more I was able to learn and know what's out there,” he said.

Mohan's project is based on a modified version of the common cold virus, which operates like a “Trojan horse” and attacks and kills cancer cells.

He believes his virus is thousands of times more effective than what is in the market, and has already been getting attention from biomedical companies.

Not surprisingly, Mohan is also getting attention from several schools that are eager to have him among their students. He's still deciding on whether to attend the University of Ottawa at home or study at another school abroad.

“I'd like to pursue a career where I could do medical research, but also be a doctor,” he said.

“In the medical profession we can use creativity and human intellect to save lives — I can't think of a better goal than that.”



Celine Ethier holds a photo of her daughter, Melanie, who went missing at age 15 in 1996. MICHAEL WOODS/METRO

Facebook feature to help find missing kids

SOCIAL MEDIA

Users in Canada will see Amber Alerts on their news feeds

Michael Woods
Metro | Ottawa

Victoria Boisclair's life began nearly a year ago with a mortifying few hours for her parents.

Shortly after she was born, baby Victoria was abducted from a Trois-Rivieres hospital by a woman disguised as a nurse.

A year later, Victoria — a day shy of her first birthday — and her proud parents Simon Boisclair and Melissa McMahon were among the guests of honour in Ottawa on Monday as Facebook unveiled a new system to help find abducted children.

Under the new system, Facebook users in Canada will see Amber Alerts for recently abducted children appear in their news feeds.

The goal is to create more success stories like Victoria's. She was returned to her parents after a few hours with the help of four locals who saw a photo of the suspect in their Facebook feeds.

“We like to think of the Face-

book community as the world's largest neighbourhood watch,” Facebook Canada managing director Jordan Banks told a news conference at Ottawa police headquarters on Elgin Street.

Law enforcement agencies will share Amber Alert details with Facebook after a child has been abducted. Facebook will distribute the information to users within a designated search area.

Public Safety Minister Steven Blaney said the initiative is “bringing us into a new era” of

sharing information.

Also present at Monday's announcement was Celine Ethier, whose 15-year-old daughter

Melanie went missing in 1996 while walking home from a friend's house in New Liskeard, Ont., about 500 kilometres northwest of Ottawa.

“I'm hoping for that tip that will help me find her,” she said.

Facebook launched the new alert service in January this year in the U.S. and Banks said it has already been credited with helping find an abducted child.

16M

The company says more than 16 million Canadians use Facebook every day.

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Dr. Lucie Beaupré
Diplomate of the American Board
of Venous and Lymphatic Medicine

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OMBUDSMAN

Hydro One faces many troubles

Petawawa's army base was among thousands of Hydro One customers that faced a heftier Hydro One fee last year — to the tune of more than \$50 million.

According to a report from Ontario ombudsman Andre Marin released on Monday, Garrison Petawawa, which is located west of Ottawa, was "wrongly billed" \$50.8 million on July 8, 2014 as the result of a technical glitch.

As of May 2014, more than 101,244 customers were affected by system defects. In many cases, Hydro One services staff could not readily access customers' data or help them fix their billing issues. A total of 49,894 accounts required billing corrections, according to the report.

The report does not specify how much the Petawawa base actually owed Hydro One. But the base's previous bill was \$4,429, which is "much more reflective" of the usual payments, according to public affairs officer Cpt. Jeremy Mathews. The report cites other examples, including a customer who was billed more than \$20,000 instead of \$1,310.

The provincial electrical distribution company "lost sight of its public interest purpose" and failed to consider the impact on its customers of a new information system that resulted in massive billing errors for about 100,000 households, according to Marin's report.

Marin says his office was flooded with 10,700 complaints from Hydro One ratepayers about over-billing or estimated bills, and what he calls "outrageously bad customer service" as it scrambled to fix technical glitches with the new system. He says that as complaints grew, Hydro One deliberately kept problems under wraps, and deceived the electricity regulator and the ombudsman's office "about the extent and nature of the company's billing and customer service disaster."

LUCY SCHOLEY/METRO

Realtor guilty in attempted murder of his wife: Judge

COURT

Man feared divorce if truth about finances came out



Lucy Scholey
Metro | Ottawa

Chris Hoare beat his wife with an aluminum baseball bat and stuffed a cloth over her mouth because he intended to kill her, an Ottawa court justice ruled on Monday.

Hoare, a once reputed realtor, was found guilty of attempted murder, aggravated assault, assault with a weapon and overcoming resistance by suffocation.

Justice Robert Wadden said Hoare lied about the incident to the neighbour who heard Kirsten Côté's deafening screams for help.

He then lied about it to the police. And there was no doubt in Wadden's guilty verdict that Hoare, 45, continued to lie in court for his benefit.

"I find that the actions of Mr. Hoare were brutal, unrelenting and potentially fatal," said Wadden.



I find that the actions of Mr. Hoare were brutal, unrelenting and potentially fatal.

Justice Robert Wadden

It was the culmination of several years of financial stress that Hoare kept hidden from his wife and their five children, aged 20 months to 12 years old. He previously testified that he feared she would divorce him if he told her the truth.

The independent contractor with Paul Rushforth Real Estate stopped paying income tax in 2009. By the fall of 2013, he owed the Canada Revenue

Agency more than \$200,000 in unpaid taxes. He started consuming speed and OxyContin, increasing to daily use.

The day of April 2, 2014 was like a regular day in the family's suburban Orleans home. Côté dressed and fed their toddler, while Hoare drove the other kids to school. He returned and told her he had a surprise in the garage. There, he struck her with an aluminum baseball bat.

Hoare had only pleaded guilty to assault with a weapon, arguing he wanted to knock his wife unconscious — not kill her — in another desperate attempt to hide their financial troubles.

Outside the courthouse, Hoare's defence lawyer Eric Granger said he was "disappointed" in the verdict.

"We heard a lot of evidence in this trial of his love for his children and that he's always been a great father ... We'd very much like to see them be a part of his life," he said.

Hoare is due to appear in court on June 9, at which point a date for a sentencing hearing will be set.



BIKING A LITTLE RAIN WON'T STOP CYCLISTS It was a wet and breezy day in the nation's capital for the second annual national Bike Day in Canada, but our all-weather cyclists proved they couldn't be slowed down. Bike-to-work month continues until the end of May. **HALEY RITCHIE/METRO**

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Arboretum set to turn island into 'party palace'

FESTIVAL

Eclectic lineup to have Austra, Braids, and New Swears



Trevor Greenway
Metro | Ottawa

Jeremy Gara is trading in his smooth, indie rock drumsticks for some hard beaters, a double kick drum and likely some new leather gloves to protect his hands from the punk-speed high hats he'll be dropping at this year's Arboretum Festival.

Yes, the current drummer of Arcade Fire will sweat it out in a dark, dank warehouse Aug. 22, as he pulls together his old Ottawa punk band *Weights and Measures* for a rare, one-time reunion show at Arboretum Festival.

The exclusive, one-time gig has festival artistic director Rolf Klausener tickled pink.

"They are actually reforming this band for this one show, which will be pretty crazy. It's really special," he said, still buzzing from last year's *Wooden Stars* reunion.

"It's another crazy, crazy unexpected reunion for an old Ottawa band and with Jeremy (Gara)'s pedigree, it's like, 'Come see the drummer of Arcade Fire play in a punk band.'"

Gara's band *Weights and*



Toronto's indie-electronic band *Austra* headlines the Arboretum Festival Aug. 22. CONTRIBUTED

It's not a festival where stuff shuts down at 11 and we all go home. We are just going to keep partying on the island.

Rolf Klausener, artistic director

Measures is worlds away from the sound you get from an Arcade Fire show. The seminal math punk band will explode onstage with their fast time signatures, sledgehammer drum-

ming, and dirty riffing guitars.

But if that's not crazy enough for you, the festival boasts handfuls of quality headliners including Calgary art-rockers *Braids* and Toronto's

indie-electronic group *Austra* — a band that can get even the most static of head boppers twitching like a raver on the dance floor. Toss in a dose of Ottawa party princes *New Swears*, a dash of artsy punkers *U.S. Girls*, a pinch of alt-folk guru *Hayden* and endless bags of local rock and indie goodies and you've got one hell of a musical stew brewing at Arboretum this year.

And we haven't even talked

about the location yet.

Aptly named *Islands in the Stream*, the fourth instalment of Arboretum will invade Albert Island for the entire weekend and transform it into an immersive "party palace" — full of magic, music and madness. The site's main stage outside is flanked on all sides by industrial buildings and warehouses, all of which will be used for shows throughout the festival, making for a weekend party fit for Brooklyn or Paris.

"We don't want to just throw another music festival. We are trying to throw something that will be a little more creative," said Klausener. Typical festivals usually start around noon and finish by 11 p.m., but if you head to Arboretum this year, don't expect to make it to bed before 3 a.m. This one's going late, late, late.

"It's not a festival where stuff shuts down at 11 and we all go home. We are just going to keep partying on the island," said Klausener.

"We are looking to basically not just throw a festival, but we are throwing a giant weekend party."

The festival, which runs Aug. 19-22, won't spread out across the city like it did last year, but will instead focus around the island, with a few smaller shows happening at mugshots and St. Alban's Church, including Toronto's critically acclaimed *Queer Songbook Orchestra*.

Check out the full lineup at the Arboretum Festival website at www.arboretumfestival.com.

IN BRIEF

Fire displaces seven

Seven people were without a home on Monday morning following a house fire that happened overnight.

Ottawa firefighters were called to a townhouse at 212 Sorento St., south of Nepean, just before 2 a.m., where flames were coming out the back. All units were cleared. Crews had the blaze under control a half-hour later, but not before the fire extended to the attic of one unit and damaged another. Seven people over two units were displaced. The Red Cross and Salvation Army were called in to assist the displaced occupants. METRO

Students to have a car crash simulation

More than 100 Ottawa high school students will get a first-hand look at the dangers of impaired and distracted driving this week.

On Wednesday, Ottawa police, fire and paramedics are running the Toe Tag event, re-enacting a car crash for 120 students and staff from Louis Riel Secondary School in Blackburn Hamlet.

The idea is to give students a crash course about the consequences of impaired and distracted driving, just in time for prom season. The event involves a simulated crash scene in which actors are rescued, treated and arrested by firefighters, paramedics and police officers.

It's part of the city's Safer Roads Ottawa Program, which is an initiative to prevent and eliminate road deaths and serious injuries.

METRO

HEALTH

Headaches, illnesses continue at school



Haley Ritchie
Metro | Ottawa

The headache isn't over for students at Charles H. Hulse Public School. After being closed for almost six weeks due to a pesticide spraying, some students and staff returned to the school Monday only to be later sent home feeling ill.

One student was sent home with a headache and three staff members complained about having a sore throat and watery eyes.

"We're being very aware of people's sensitivities and want to be completely open about it," said associate director of education Norah Marsh. "There has been some major reconstruction,

so it may be the new paint and the smell of the new flooring."

Marsh said the investigation into the pesticide is ongoing, and the board has hired an environmental consultant to produce a detailed report. The report will look at both the spraying of the pesticide and the public perception that followed.

"One thing we're going to look at is people's perception versus the facts. They'll be doing interviews with different stakeholders. It's quite an extensive review," she said.

Marsh added that the report, which is likely to be completed in September, will be made public. The school board isn't the only group with lingering concerns.

Peter Giuliani of the Ottawa

Carleton Elementary Teachers' Federation said the union will be filing a grievance on behalf of teachers who work at the school.

"Our biggest concern is how quickly the problem was dealt with. From our perspective there was an unnecessary delay," he said Monday.

"We don't want this sort of thing happening again, so we're particularly interested in protocol and procedures to ensure there's proper supervision of outside contractors."

Marsh said the union had not informed the school of the grievance as of Monday afternoon.

Many parents are also concerned. Some have turned to Ottawa lawyer Lawrence Greenspon and are considering their legal options. The school was

Our biggest concern is how quickly the problem was dealt with.

Peter Giuliani

originally closed April 16 after a number of staff and students complained about headaches, itching and watery eyes caused by an unusual smell in the building. Ottawa Public Health said the smell was coming from the solvent used in spraying a pesticide called Konk 400.

Although some people may be extra sensitive to the smell, Public Health said it causes no long-term health effects.



Charles H. Hulse was closed April 16 after an insecticide spraying left behind an odour that caused headaches and itching. HALEY RITCHIE/METRO

Police to make security upgrades

COMMUNITY
Changes meant to respond to Oct. 22 shooting

Lucy Scholey
 Metro | Ottawa

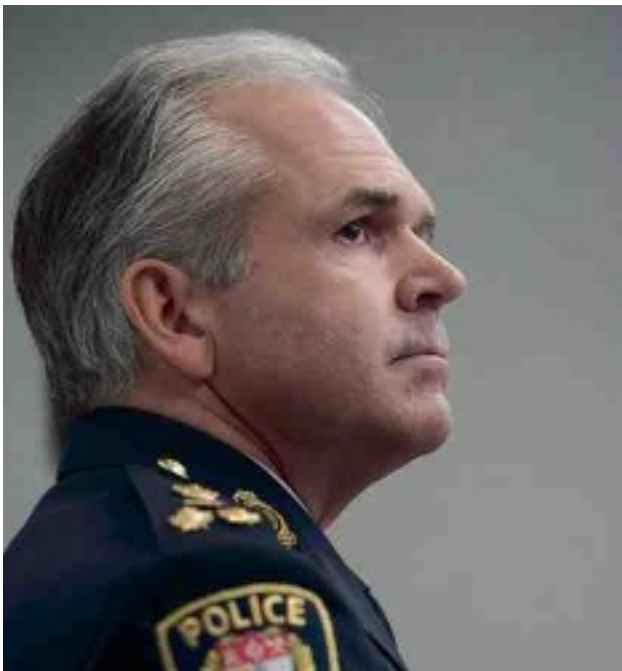
Ottawa police will be upgrading their night vision goggles and radio systems following a report on the Parliament Hill shooting last year.

Last week, a recently released internal review of the police response to the Oct. 22 attack revealed confusion and chaos among the hundreds of officers deployed to the scene, according to several media reports.

Ottawa Police Chief Charles Bordeleau said tactical units deployed to the Parliament Hill buildings had issues working in darkness, plus there were problems communicating with the RCMP over the radio.

Apart from these areas, Bordeleau praised his officers.

"They were very efficient,



Police chief Charles Bordeleau THE CANADIAN PRESS

they were very professional and they responded to the situation that they had to deal with," he said on Monday, before an Ottawa Police Services Board meeting.

In other news related to the Oct. 22 shooting, recently obtained documents from Public Safety Canada reveal the federal Government Operations Centre did not have computer technicians or senior executives on site and had limited food stored.

"Comments received indicated the food supply to sustain the GOC operational needs should be addressed," the re-

port said.

"Given the circumstances of the event (proximity to the event, building lockdown, critical service provided by the GOC), a food supply should be stocked accordingly."

The centre co-ordinates the emergency response for the federal government.

However, the documents — obtained by The Canadian Press through the Access to Information Act — also say employees shared food and were informed about the situation "as soon as information became available."

WITH FILES FROM THE CANADIAN PRESS

+ UPDATE

Oct. 22 video

RCMP Commissioner Bob Paulson told a Senate committee on Monday that the remaining 18 seconds of the video which gunman Michael Zehaf-Bibeau recorded before his shooting will be released either this week or next week.



MILITARY HONOURING VALOUR Major Dave Suffoletta, a recipient of the Star of Military Valour, stands beside a plaque following a ceremony to re-name a government building the Valour Building, in honour of recipients of the award, on Monday in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

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B.C. dolphin dies despite cutting-edge surgery

VANCOUVER

Vet calls procedure an 'incredible step forward'



Thandi Fletcher
Metro | Vancouver

Hana, a Pacific white-sided dolphin at the Vancouver Aquarium, has died despite efforts to save the marine mammal with cutting-edge surgery never before performed on a dolphin or whale.

The dolphin, which developed a twisted bowel, died around 7 p.m. Sunday surrounded by a team of aquarium staff that had cared for the marine mammal for the past decade.

"She looked at everyone, took her last breath and her heart just sort of stopped," Dr. Martin Haulena, head veterinarian at the Vancouver Aquarium Marine Science Centre, said Monday. "Hana was a wonderful, fantastic, affectionate, loving animal. She was an amazing dolphin, and certainly a friend to us."

Last Monday, aquarium staff noticed Hana was behaving differently and veterinarians determined the animal was suffering from a gastrointestinal disorder.

Late Thursday, a team of seven veterinarians performed bowel surgery on Hana. The procedure marked the first time general anaesthesia has been successfully used on a dolphin or a whale, said Haulena.

Hana survived the surgery, but

had to be resuscitated a couple of times during recovery and was incredibly weak. Although the dolphin showed some signs of improvement on Saturday morning, Hana's condition deteriorated until she died Sunday evening.

The surgery and post-mortem examination confirmed what veterinarians had suspected.

Haulena said Hana experienced "loops of bowel" that twisted upon themselves and caused a large section of the animal's small intestine to become compromised, eventually leading to septic shock. It's unclear what caused the disorder, which Haulena said happens spontaneously to dolphins both in captivity and in the wild.

While the aquarium is devastated by Hana's death, Haulena said the silver lining is that the surgery was considered to be a

success. He said the procedure represents an "incredible step forward" in veterinary care for cetaceans.

Because dolphins and whales live in water and are conscious breathers, surgical procedures are considered high-risk and are extremely rare.

"We've taken a really huge, giant leap in our ability to care for animals," he said. "That's huge. It means we can do it again. We can always get better at what we do."

Hana, believed to be about 21 years old, arrived at the Vancouver Aquarium in 2005 from Enoshima Aquarium in Japan, where the dolphin was recovering from injuries after becoming tangled in fishing net two years earlier.



A Vancouver Aquarium dolphin died Sunday despite efforts to save it, including a new kind of surgery performed by a team of veterinarians from across North America. CONTRIBUTED

MILITARY

Scope of sexual culture hazy

The general in charge of overhauling the highly sexualized culture of the Canadian Forces says there's no consensus among soldiers about the true scope of the problem.

Maj.-Gen. Christine Whitecross says that's what she's heard at round tables held in the wake of a scathing report on the issue released earlier this month.

Whitecross has told a House of Commons committee she's already been to six bases to brief 5,300 military personnel on the issue as part of implementing the report's 10 recommendations.

The report said the Canadian Forces needs to acknowledge there is a problem with inappropriate sexual conduct in its ranks.

Whitecross says while there may be no consensus on the gravity of the issue among those she has spoken with, there is a real will for change.

THE CANADIAN PRESS

SASKATCHEWAN

More sex charges for coach

Convicted pedophile and former junior hockey coach Graham James is facing more sex-related charges.

RCMP in Swift Current, Sask., say James is charged with sexual assault that is alleged to have occurred when he was coaching the Swift Current Broncos in the early 1990s.

The Mounties say they began an investigation after they received a complaint from a former player with the Western Hockey League team in September 2013.

James, who is 62, served three-and-a-half years in federal prison for sex offences against Broncos hockey player Sheldon Kennedy and two others.

He is now serving a five-year sentence for sexually abusing retired NHL player Theoren Fleury when he played for the Moose Jaw Warriors.

A lawyer for James appeared this morning in Swift Current provincial court where a publication ban was ordered.

The case was put over to June 19. THE CANADIAN PRESS

OTTAWA SHOOTING

Ops centre lacked staff, food: Hill shooting report

On the day of the Parliament Hill shooting, the federal Government Operations Centre did not have computer technicians on site, food was limited and senior emergency officials weren't in the building.

Those are some of the details revealed in newly released documents on the government's emergency response. Officials at Public Safety Canada convened meetings soon after the Oct. 22 attack by gunman Michael Zehaf Bibeau, to see what they could learn.

The operations centre helps co-

ordinate the emergency response for the entire federal government.

Senior executives who were part of the emergency response plan weren't in the centre the day of the shooting, which "created inefficient and ineffective communication with the decision-makers," a preliminary observation report said.

No names were listed, but the deputy minister of Public Safety is the co-ordinating officer for the emergency response plan.

Meanwhile, some of those responsible for business continuity and emergency plans in

the larger Public Safety Canada building wound up in the operations centre, leaving a leadership vacuum behind.

The heavily redacted documents were obtained by The

BACKGROUND

According to the RCMP, the remaining 18 seconds of video the gunman recorded before his rampage will be released in the next two weeks.

Canadian Press under the Access to Information Act.

Another key finding was that technical help wasn't available in the centre. "The support was not available to the GOC ... it was apparent that on-site support would have been useful to improve the efficiency and effectiveness of the response."

Some employees who were in the locked-down building that houses the centre also apparently found themselves without food.

"Comments received indicated the food supply to sustain the GOC operational needs should

be addressed," the report said. "Given the circumstances of the event (proximity to the event, building lockdown, critical service provided by the GOC), a food supply should be stocked accordingly."

Another problem was that government employees were variously told to go into "lockdown" or "shelter-in-place," during the crisis. The two terms are used for different situations. Shelter-in-place refers to incidents where there is a hazardous chemical in the air outside.

THE CANADIAN PRESS



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Students filling requests for access to information

WORKER SHORTAGE

Departments reportedly struggling with backlog

The federal government is using students and temp workers to bolster overwhelmed access to information offices, Torstar has learned.

Departments struggling to deal with "surges" in the number of access to information requests are bringing in outside help to deal with the resulting backlog, internal Treasury Board documents show.

The situation is the result of a "critical shortage" of access to information (ATIP) analysts, according to one ATIP director, leading to "hundreds of casual workers that move from ATIP (office) to ATIP office."

"On the note of (the) critical shortage of ATIP analysts, most ATIP offices cannot staff their

vacant positions, which only exacerbates the influx situation," wrote Monique McCulloch, the access to information director at Shared Services Canada. "The community needs to come together to administer a huge recruitment and development process ... to rebuild the permanent capacity within the federal ATIP community."



That is a ridiculous situation.

NDP MP Charlie Angus

At least one department — Aboriginal Affairs and Northern Develop Canada — has been farming out access to information duties to students on work terms.

An official with that department confirmed to the Star that they still use students for access to information work, but directed other questions



NDP MP Charlie Angus says the Tories need more resources for access to information. ADRIAN WYLD/THE CANADIAN PRESS FILE

to Aboriginal Affairs' public relations department.

The Star requested an interview with Treasury Board offi-

cials for this story. In response, the department sent a prepared statement that said employing students in ATIP offices was

above board.

"Analyzing requests and reviewing information to be released requires training and experience; however it is possible that a student or temporary worker could obtain those qualifications," spokesperson Lisa Murphy said in an email. "Public service managers make final decisions about what information is to be released."

Treasury Board has long sought a strategy for dealing with so-called surges in access to information requests. When major events occur — such as the Oct. 22 shooting on Parliament Hill, or the Lac-Mégantic disaster — departments can be inundated with access requests.

Charlie Angus, the New Democrats' ethics critic, accused the Conservative government of not putting sufficient resources in the access to information regime.

"That is a ridiculous situation," Angus said in an interview on Monday.

TORSTAR NEWS SERVICE

FOOD FIGHT

Beware pale pasta imitators

Is your spaghetti dinner really Italian? Not if you're using marinara sauce from a jar, regular supermarket pasta, everyday olive oil or — gasp — grated Parmesan cheese, says Pasquale Bova, the Italian trade commissioner to Canada.

And he warns it's a very serious economic issue hurting both Canadian taste buds and Italy's food export business. So the Toronto office of the commission has launched its biggest-ever campaign to raise consumer awareness about imitation Italian food products.

Canada buys an estimated \$3.6 billion of "fake" Italian foods every year, says Bova. "Italian cheeses have more look-alikes than Elvis Presley," says the commission's website, italianmade.com.

The commission advises looking for "Made in Italy" on the label, the region it's from, or a DOP (Protected Designation of Origin) logo or IGP (Indication of Geographical Protection) certification.

TORSTAR NEWS SERVICE

STATE OF EMERGENCY

Wildfire forces 2,000 people from their homes in Alberta

A wildfire has forced about 2,000 people from their homes in northern Alberta.

Cyndi Taron, director of emergency management with the Municipal District of Opportunity, said a state of emergency was put in place Sunday night for the area, 330 kilometres north of Edmonton.

About 1,000 residents of the hamlet of Wabasca and another 1,000 people from the surrounding Bigstone Cree Nation checked into reception centres in Calling Lake and Athabasca, she said. Others were staying with friends or had gone elsewhere with campers and tents.

Mounties were going door-to-door in the communities and talked with some people who didn't want to leave, she added.

"It's mandatory, but the RCMP do not have the authority to start dragging people out of their homes at this point," Taron said Monday.

The out-of-control blaze first prompted an order to leave on Saturday, but residents were allowed to return that evening after it was contained.

They were forced out again Sunday afternoon when wind pushed the flames past a fire-guard.

"It just goes to show you how



On Monday, 29 fires were burning in Alberta. Meanwhile, the Little Bobtail Lake wildfire, shown southwest of Prince George, B.C., has been mostly contained. HANDOUT

warm and dry it is out there," said wildfire information officer Geoffrey Driscoll. He said the fire, about two square kilometres or the size of 100 Canadian football fields, was one of 29 fires burning in the province on Monday.

Another blaze near Cold Lake caused Cenovus Energy and Canadian Natural Resources Ltd. to pull about 2,000 workers and shut down their oilsands operations Saturday.

The closures have resulted in lost production of about 233,000 barrels of oil a day — roughly a 10 per cent loss of the province's daily production of oil-

sands crude.

The government issued a provincewide fire ban Monday because of hot and dry weather conditions. Wildfire hazards were listed as high to extreme across most of the province.

The government said it's the first full ban since 2011, when fire destroyed about one-third of the town of Slave Lake.

"Our firefighters are starting to reach capacity," said Driscoll. About 300 crew members are battling fires and an additional 1,000, including firefighters from Ontario, are ready to be called in to help. THE CANADIAN PRESS

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DAILY FRESH

CORRUPTION TRIAL

Former Israeli PM sentenced to prison

Former Israeli Prime Minister Ehud Olmert was sentenced Monday to eight months in prison for unlawfully accepting money from a U.S. supporter, capping the dramatic downfall of a man who only years earlier led the country and hoped to bring about a historic peace agreement with the Palestinians.

Olmert was convicted in March in a retrial in Jerusalem District Court. The sentencing comes in addition to a six-year prison sentence he received last year in a separate bribery conviction, ensuring the end of the former premier's political career.

Olmert's lawyer, Eyal Rozovsky, said Olmert's legal team was "very disappointed" by the ruling and would appeal to Israel's Supreme Court. They were granted a 45-day stay, meaning the former Israeli leader will

avoid incarceration for now.

Olmert also was given a suspended sentence of an additional eight months and fined \$25,000.

A slew of character witnesses had vouched for Olmert, including former British Prime Minister Tony Blair and former Israeli Mossad chief Meir Dagan in written statements read aloud Monday. The verdict stated that it recognized Olmert's vast contributions to Israeli society and sentenced him to less than the prosecution had demanded. Still, it ruled that "a black flag hovers over his conduct."

Olmert was forced to resign in early 2009 amid the corruption allegations. His departure cleared the way for hard-liner Benjamin Netanyahu's election, and subsequent Mideast peace efforts have not succeeded.

THE ASSOCIATED PRESS

SOUTH AFRICA

Rhino treated after horns hacked off

Poachers in South Africa had darted the rhino with a tranquilizer and hacked off her horns while she was sedated, leaving the animal with a horrific wound covering much of her face. A couple of days later, staff on a wildlife reserve found the grievously injured rhino — alive.

Last week, veterinarians operated on the 4-year-old female, a rare survivor of increasing attacks by poachers who killed more than 1,200 rhinos last year in South Africa — home to most of the world's rhinos.

They removed maggots and dead tissue, applied dressing and fastened a fibreglass cast with steel screws. The wound measures 50 by 28 centimetres, the

biggest of 10 similar cases that the team has treated in the last three years.

"If we can save Hope and she can go back and produce more offspring, then in her lifetime she would have contributed to the survival of the species," said Dr. Gerhard Steenkamp, a veterinarian from the University of Pretoria. He is a member of Saving the Survivors, a South African group that treats rhinos who have suffered gunshot wounds, facial gouges and other injuries inflicted by poachers.

Demand for rhino horn is high in parts of Asia where it is seen as a status symbol and a cure for illness despite a lack of evidence that it can heal. THE ASSOCIATED PRESS



In this photo taken Friday, a rhino named Hope stands in her pen in the Eastern Cape province, treated with a dressing where her horns used to be. SAVING THE SURVIVORS/THE ASSOCIATED PRESS



UNITED STATES MEMORIAL DAY CEREMONY HONOURS FALLEN CIVIL WAR SOLDIERS Members of the Ladies Living History Society attend a Memorial Day ceremony in honour of soldiers who died in the Civil War, at Spring Grove Cemetery in Cincinnati on Monday. President Barack Obama paid tribute Monday to Americans who died in battle, saying their fellow citizens must "never stop trying to fully repay them" for their sacrifice and noting this is the first Memorial Day in 14 years without U.S. forces involved in a major ground war. JOHN MINCHILLO/THE ASSOCIATED PRESS

U.K. leader Cameron outlines who can vote

REFERENDUM

Should Britain remain in EU?

Britain's prime minister on Monday outlined who will be allowed to vote in a referendum on whether Britain should remain in the European Union, opting to exclude most voters from the other 27 EU nations living in the U.K.

Prime Minister David Cameron announced the parameters ahead of introducing legislation Thursday in Parliament to organize the ballot.

No date has been set for it yet but Cameron is committed to holding the referendum by 2017.

His plans include a tour of European capitals to press his case that the EU needs to be reformed, hoping that the upcoming vote in Britain will convince those on the continent that Britain is determined to enact change.

Cameron plans to travel to Denmark, the Netherlands, France, Poland and Germany this week as part of his efforts to talk with all of the leaders of the EU member states

before the European Council late next month.

Under the referendum measure, the vote will be open to those allowed to vote in British elections rather than rules used for European Parliament or local elections.

Cameron said U.K.-resident citizens of four other EU members — Ireland, Commonwealth members Cyprus and Malta, and the U.K.'s own territory of Gibraltar — will be eligible to vote, while citizens from 24 other EU nations will not.

This means more than half

of eligible voters among the 2.8 million non-British EU citizens living in the United Kingdom will be denied a ballot in the referendum.

Uniquely, Cameron plans to permit eligible voters in Gibraltar, the British territory on the Mediterranean Sea, to take part. That decision could aid the pro-EU side, because Gibraltar's 30,000 residents broadly see EU membership as essential to thwarting Spain's ambitions of claiming the 6.8-square-kilometre territory.

THE ASSOCIATED PRESS

BAILOUT TALKS

Greece rules out restricting flow of money

Greece's government on Monday ruled out restricting access to bank accounts and the free movement of money if there is no breakthrough soon in tortuous talks with bailout creditors and its dwindling cash reserves dry up.

The possibility of imposing capital controls — part of a chain of events that could lead to Greece leaving the euro if things take a disastrous turn — "simply does not exist," said Gabriel Sakellaris, spokesman for the radical left-led government.

He spoke after a senior op-

position conservative lawmaker was quoted as saying capital controls could be imposed this coming long weekend — June 1 is the Orthodox Pentecost holiday — or shortly later if the government is unable to make a loan repayment due to the International Monetary Fund on June 5.

Greece has survived for the past five years on rescue loans from the IMF and its European partners. But the creditors have held up the rescue loans as long as Greece does not agree to make new economic reforms. Officials

in the governing Syriza party say salaries and pensions have priority over loan repayments if push comes to shove amid a growing liquidity crisis.

Experts say Greece could eventually have to impose capital controls to prevent a bank run, when depositors flock to bank branches and ATMs to withdraw their savings. An estimated 30 billion euros (\$40.5 billion CAD) have already flowed out of Greek banks since elections were called late last year, but a more sudden surge in withdrawals would cause the banks to col-

lapse.

Such a panic could be triggered by the country — which is already scraping together its last cash reserves — failing to make a payment to the IMF, or any other creditor, or being unable to fully pay pensions and public sector salaries. One Syriza official has said that Greece lacks the money to repay the IMF next week.

Officials in Athens say a deal is close despite an apparent deadlock on key issues, such as demanded pension and labour market reforms.

THE ASSOCIATED PRESS



Chiara D'Angelo left her perch on the Arctic Challenger's anchor chain. THE ASSOCIATED PRESS

Protester quits drill ship perch

ARCTIC OIL

Coast Guard says it protects activists' right to free speech

The woman who had been hanging from the anchor chain of a support ship that is part of Royal Dutch Shell's plans to explore for oil in the Arctic Ocean ended her days-long protest north of Seattle Monday.

Student activist Chiara D'Angelo requested assistance getting down from her perch on the Arctic Challenger in Bellingham harbour around 9:30 a.m. Monday, the U.S. Coast Guard said.

D'Angelo was checked for hypothermia and then released, said Petty Officer 3rd Class Katelyn Shearer.

D'Angelo spent the weekend attached to the ship in an environmental protest against Shell's plans to drill for oil in the Chukchi Sea off northwestern Alaska. The oil company's proposal also has drawn large protests in Seattle, where a massive, floating drill rig is being prepared for the excursion.

A second protester, Matt Fuller, joined D'Angelo Saturday and Sunday.

The Coast Guard cutter Osprey spent the weekend monitoring the activists but took no action to remove them, Shearer said.

Shell said Sunday that the illegal stunt would not delay its plans.

"We respect the rights of individuals to express their views related to our Arctic

program, so long as they do so safely and lawfully," said company spokesman Curtis Smith.

The two activists trespassed on private property, while compromising their safety and that of others, Smith said. He commended the Coast Guard and local law enforcement for de-escalating the incident.

Lt. Cmdr. Justin Noggle, chief of enforcement at Coast Guard Sector Puget Sound, said Sunday that it is the agency's duty to promote safety on the seas and in ports — and to protect the First Amendment free speech rights of people to safely and lawfully assemble on the water.

+ BACKGROUND

Protesters skeptical of cleanup capability

The Arctic Challenger support ship is a converted barge that is designed to launch containment equipment in the event of a spill. Protesters have questioned its ability to be effective in the harsh Arctic climate.

Earlier this month, hundreds of activists in kayaks swarmed Elliott Bay in Seattle to protest Shell's plans.

THE ASSOCIATED PRESS



Chiara D'Angelo began her protest Friday. THE ASSOCIATED PRESS

TEXAS

12 missing as flooded river seizes home

Authorities say the 12 people reported missing after flash-flooding in Central Texas were staying together in a home swept away by the rushing water in a small town popular with tourists.

Hays County Judge Bert Cobb said witnesses reported seeing the house pushed off its foundation by the swollen Blanco River and smash into a bridge.

Cobb says only pieces of the home have been found so far. He says main flooding activity happened around 4

a.m. Monday.

Cobb said one person who was rescued from the home told workers about the other people inside, saying the 12 were all connected to two families. The house was in Wimberley Valley, an area known for its bed-and-breakfast inns and rental weekend cottages. Cobb said the owners of the destroyed house didn't know who was staying there.

Authorities have confirmed one death from the flooding.

Texas Gov. Greg Abbott

called the flash-flooding across the central part of his state "absolutely devastating."

Mexican President Enrique Peña Nieto, meanwhile, said he planned to travel to Ciudad Acuna Monday evening to see the damage from a tornado in the border city of Ciudad Acuna that killed at least 13 people.

The head of Mexico's national civil defence agency, Luis Felipe Puente, told local media that 230 people had been injured and that shel-

ters are being set up.

The twister that hit shortly after daybreak Monday tore an infant in a baby carrier from its mother's arms; the child was reported missing.

Photos showed cars with their hoods ripped off, resting upended against the facades of one-storey houses. One car's frame was literally bent around the gate of a house.

Ciudad Acuna is a city of about 100,000 across the border from Del Rio, Texas.

THE ASSOCIATED PRESS

IN BRIEF

Pennsylvania boy shot with BB gun in critical condition

A man shot an 11-year-old boy in the chest with a BB gun on a Pennsylvania playground because he said the boy had previously shot his own young son with the same kind of weapon, authorities said Monday. A man approached the boy Sunday outside the elementary school in McKeesport, Pa., and fired twice, police said. The boy fell to the ground, saying he couldn't breathe, and was hospitalized in critical condition, police said.

The man said he then gave the weapon to a child who "was walking up the street," according to a criminal complaint. The suspect "stated that he was upset that the victim had shot his 5-year-old son with a (BB) gun in the buttocks the day before and that he had shot at his son again" Sunday, investigators allege. Allbert Clark, 31, of McKeesport, faces charges including aggravated assault and reckless endangerment. THE ASSOCIATED PRESS

Air Canada crackdown on oversized bags begins

TRAVEL

Fliers faced short wait times on first day of program

Air Canada began its promised crackdown on oversized carry-on baggage on Monday, beginning with passengers checking in for flights in Toronto in a program it plans to expand across the country in about two weeks.

Passengers leaving on early flights from Pearson International Airport faced short lineups to get carry-on bags checked for size and weight.

Those whose carry-on items met the criteria received a red tag, which the airline says helps reduce wait times at security. Those with articles that exceeded the guidelines faced being stopped at security and sent back to check-in where "standard fees will apply."

Renee Smith-Valade, Air Canada vice-president for customer experience, said extra staff were on hand at both check-in and security checkpoints and passengers moved quickly through the delay.

"Most European, international and U.S. carriers already have a system like this ... so we're just coming into line with what most other airlines are already doing," she said in an interview.



Most European, international and U.S. carriers already have a system like this, so we're just coming into line with what most other airlines are already doing.

Renee Smith-Valade



Unless you have one of these red tags, you will not be approved to carry on your bags. Air Canada has started to issue red tags for approved carry-on bags that meet the dimensional requirements. CHRIS SO/TORSTAR NEWS SERVICE

The airline declined to say how many customers were turned back for having oversized carry-on luggage but that wait times were five minutes

or less and by Monday afternoon not a single customer had missed a flight due to the new process.

As the busy summer travel season is set to begin, Smith-Valade said the goal is to efficiently board planes so flights can leave on time. The airline says surveys have shown that on-time departures are the biggest driver of customer satisfaction.

Reaction to the crackdown

was mixed on social media.

"It's about time! So many people took advantage of taking too much space in the storage bins," N. MacRae wrote on Twitter.

But someone else said the problem would be solved if the airline raised the ticket price and allowed free checked bags. "Just raise the ticket price by \$25 and check-in bags are free ... problem solved," wrote ytzpilot.

+ LUGGAGE

Air Canada outlines carry-on specifics

Air Canada specifies that a personal item can include a backpack, briefcase or laptop computer measuring up to 16 by 33 by 43 centimetres and a standard item such as a suitcase measuring up to 23 by 40 by 55 centimetres, including wheels and handles. The weight limit is 10 kilograms per item.

Air Canada plans to begin checking and tagging carry-on bags at most other Canadian airports around June 8.

Airlines around the world have seen the number of carry-on bags rise as they implement checked baggage fees.

Air Canada began charging a \$25 checked-bag fee last fall on its lowest-class domestic flights and on flights to and from the Caribbean and Mexico. Air Canada has charged for a traveller's first checked bag on U.S.-Canada transborder routes since 2011. The fee applies to about 20 per cent of passengers.

"They don't love it understandably," Smith-Valade said of the checked bag fees. "But they understand that we have a competitive industry, that other airlines are doing it, that our domestic competitor introduced it and in order to remain competitive we needed to introduce it as well."

Transport Canada rules allow passengers to carry on two unchecked items.

Those travelling with an infant on their lap can carry on an additional standard article.

THE CANADIAN PRESS

REAL ESTATE

Cheap oil may split housing market

Lower crude prices are expected to help contribute to a split in the Canadian housing market that will see oil-producing provinces slow but others gain ground, Canada Mortgage and Housing Corp. said Monday.

The federal agency predicted the overall pace of housing starts will slow slightly this year and next, but that there would be regional differences.

"A slowdown in housing starts and resale transactions in oil-producing provinces such as Alberta will be partly offset by increased housing market activity in other provinces, such as Ontario and British Columbia, which benefit from the positive impacts of declining energy prices, a lower Canadian dollar and continued low mortgage rates," CMHC chief economist Bob Dugan said in a statement.

CMHC's second-quarter forecast calls for between 166,540 and 188,580 housing starts this year and between 162,840 and 190,930 in 2016.

That compares with a first-quarter outlook for housing starts to range between 154,000 and 201,000 units in 2015 and from 148,000 to 203,000 units the following year.

Regionally, Alberta is expected to see a 13.8 per cent drop in housing starts, while Saskatchewan is forecast to slip 21.3 per cent this year. Offsetting the decreases, Ontario is expected to gain 4.3 per cent.

Alberta is expected to be the big percentage loser with a drop in resales of 19.2 per cent this year, while Saskatchewan is expected to lose 9.8 per cent.

Ontario resales are forecast to gain 1.8 per cent, while B.C. is expected to add 6.5 per cent.

THE CANADIAN PRESS

ENVIRONMENT

Pipeline a threat to waterway: Report

A new report says a pipeline that would carry one million barrels of oil daily from Alberta to the East Coast would threaten the drinking water of more than 60 per cent of Manitoba residents.

The report by the Manitoba Energy Justice Coalition said a rupture on the proposed Energy East pipeline would seep into any number of waterways which feed into Winnipeg's water supply.

The pipeline transporting oil from Alberta and Saskatchewan to refineries and port terminals

on the East Coast would partly run underneath an aqueduct carrying Winnipeg's drinking water from Shoal Lake near the Ontario boundary.

"Small, continuous, undetected leaks will occur and seep unseen into the ground causing ground and surface water contamination," said Dennis LeNeveu, a retired biophysicist and author of the report.

Conservation Minister Tom Nevaushonoff declined to be interviewed. THE CANADIAN PRESS

IN BRIEF

Mexican cabbies protest Uber tax exemption

Hundreds of taxi drivers marched through Mexico City chanting "Uber Out," demanding the city to ban the online ride service. The drivers say that Uber and other ride-sharing services evade the tax, registration and safety laws regular cabs are subject to. Uber responded by offering Mexico City commuters free rides on Monday, with a hashtag that translates as "If Mexico won't stop, Uber won't stop." THE ASSOCIATED PRESS

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the big question

Why did Canada vote to keep nukes?

To show support for Israel — and it wasn't the only country to do so. Canada joined the United States and Britain on Friday in blocking a UN plan to hold a conference on nuclear disarmament in the Middle East by 2016 — a move that could have forced Israel to admit it's a nuclear power. Israeli Prime Minister Benjamin Netanyahu thanked Canada, saying "a weapons-of-mass-destruction-free zone can only be truly effective if all countries in the Middle East participate." To the disappointment of NGOs working to abolish nuclear weapons, disarmament efforts are on hold until 2020.

THE CANADIAN PRESS

With no rules, a park is a parking free-for-all

YOUR RIDE

Kathryn Hunt



Recently, someone asked me if I thought motorists would drive through parks, over lawns and on sidewalks if there were no dedicated space for cars (as cyclists do, at times). At the time, I didn't know what to say. Since cars need flat surfaces and a lot of room, it was hard to imagine. There just isn't room on a sidewalk for a car.

But the recent concerns over parking at the new Lansdowne Park has brought that question back to mind.

The area was conceived as a pedestrian zone, where people could gather on large, cobblestone boulevards and squares flanked by shops. But almost immedi-

ately after opening, confusion set in about just where cars were allowed. The cars might not be driving over lawns and through parks, but they are certainly parking pretty much anywhere that isn't barricaded. And the city seems oddly reluctant to tell them to stop.

Although the whole of Lansdowne is meant to be a "pedestrian priority" zone, cars are allowed to drive on the two streets off Bank Street, and park for a limited time with metered parking. But the lack of signage for cars leads to some confusion, as drivers feel like they're on a street, and pedestrians feel they're on a sidewalk.

At the moment, parts of the park that were meant to be entirely car-free, such as Aberdeen Square (where "no parking" signs are in place), are being used for cars in

The lack of signage for cars leads to confusion, as drivers feel like they're on a street, and pedestrians feel they're on a sidewalk.

an unofficial way: people are parking there, and no one is telling them not to — at least not yet, and not firmly. It seems as though the policy is to gradually educate people about where cars are allowed, rather than to crack down. As recently as last week, people parking in unauthorized areas were receiving tickets — but for \$0.

To confuse matters even more, one city councillor (Orleans Coun. Bob Monette) recently suggested that the

football field could be used for parking in the winter. While it was only one councillor's suggestion, and the measure is unlikely to be accepted, the Ottawa Sports and Entertainment Group, which owns the property, said they would be happy to consider the option.

So now I think I have an answer for that friend of mine: yes, apparently. If there's room enough for cars, and it's paved, and there are no obvious bollards or barriers, people will drive into a park.

Kathryn Hunt (@k8thek8) is a writer, editor of Centre-town BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

ROSEMARY WESTWOOD

metroview

"It's time to shed the haughty gaze at the wayward tourist."

There's now one more reason to avoid Victoria's tourist-swarmed downtown core this summer.

Volunteers in 1940s-style British "bobby" uniforms — complete with egg-shaped hats — will be walking the beat "armed only with a smile, interesting historical facts and crime prevention information," according to police. It's an effort to make out-of-towners feel even more like they've escaped to a west-coast Pleasantville.

And it's another reason to hate on tourists.

You know, the camera-toting (don't you have a smartphone?!), meanderers clad in comfortable shoes, clogging the seawall in Vancouver and the streets of Kensington Market in Toronto. Also known, to one friend, as "THE WORST SIDEWALK WALKERS!"

They don't know where they're going, or how to get there. They turn our cities into marketing fluff and our streets into parking lots for tour buses.

But in our annoyance, we forget: We are tourists, too.

Canadians are the seventh-largest spenders on travel in the world, to the tune of \$37 billion in 2014.

The golden rule of a good trip is good people. That could be a travel buddy or a hostel crew, but it's also

often the locals. In Lisbon, Portugal, my sister and I made friends out of people who showed us the hidden bars and late-night hangouts, the beaches a short drive out of town, the best places to catch the sunset.

That's the hipster way to travel these days — getting the "local" experience. But we forget it relies on locals treating us, the tourists, like the potentially interesting humans we are.

I try to be kind to tourists, sometimes. I'll offer directions or tips on what to see and eat. But I've never looked at a tourist as a potential friend. And I've never been the source of someone's amazing story of travel to Canada.

There is another reason to stop hating tourists: They brought in \$17.3 billion in 2014. You've heard this before, but many people's livelihoods depend on them.

Yes, it is irritating to see my hometown become even more of a caricature of imagined Englishness. I didn't think Victoria could grovel any harder at the feet of its British roots. It can.

But whatever I think of the volunteer bobby idea, it's time to shed the haughty gaze at the wayward tourist. There's no point having a superiority complex if you don't help make your city a nice place to be.

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Putting on heels carries a sky-high price

RESEARCH

New study shows that stiletto-related injuries have doubled over the last decade

Injuries related to high-heeled shoes doubled between 2002 and 2012, according to a new study from the University of Alabama at Birmingham in the U.S.

And they're not just talking about blisters. The most common injuries were sprains and strains to the foot and ankle.

In fact, the damages were severe enough that upon publication of the study in the Journal of Foot and Ankle Injuries, the research team took the occasion to warn the public about appropriate footwear selection and awareness of one's surroundings.

"Although high-heeled shoes might be stylish, from a health standpoint, it would be worthwhile for those interested in wearing high-heeled shoes to understand the risks and the potential harm that precarious activities in high-heeled shoes can cause," says lead author Gerald McGwin, Ph.D., vice chair and professor of the Department of Epidemiology in the UAB School of Public Health.

Working with data from the Consumer Product Safety Commission's National Electronic Injury Surveillance System, McGwin and his team counted 123,355 high-heel-related injuries that occurred during the decade they surveyed.

The most eventful year was 2011 with more than 19,000 accidents.

The 20s are the most vulnerable years for high-heel-related injuries, followed by the 30s, according to the study.

Over 80 per cent of the injuries were to the ankle or foot, with less than 20 per cent pertaining to the knee, trunk, shoulder or head and neck, according to the study.

AFP

19,000

The number of high-heel accidents that occurred in the U.S. in 2011 — the most eventful year for mishaps — according to the study.

AFP

+ FASHION PAINS

Long-term damage possible

Walking in high heels has been shown to significantly reduce ankle muscle movement, which could restrict range of motion in the foot over time, according to the study.

Previous studies have established that high heels are often the culprit behind musculoskeletal issues and lower extremity discomfort, according to McGwin. Previous research shows women's feet begin to hurt after one hour and six minutes of wearing high heels. McGwin recommends that those who don high heels be aware of how often they do so and for how long. "We also noted that nearly half the injuries occurred in the home, which really supports the idea of wearing the right footwear for the right occasion and setting," says McGwin.

His research suggests high-heeled shoes have been in fashion for nearly 300 years.

AFP

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How to avoid feeling excluded

MANNERS

If no one else is going to make introductions, you should

URBAN ETIQUETTE

Ellen Vanstone



Dear Ellen,
I was walking down the street with my friend, when we ran into a guy he knew, so my friend and this other guy started talking while I just stood there feeling really awkward. I kinda half-smiled like an idiot, then I took out my phone and pretended to be busy, then I just started getting irritated. Should I have said something? Or would that have made me look too insecure or oversensitive?

— Mikala

Dear Mikala,
First of all: You were not being insecure or oversensitive. You were having a sane and normal



If your friend doesn't introduce you, avoid an awkward situation by introducing yourself. ISTOCK

reaction to being treated with rude indifference.

It's fine to wave or exchange a word or two with someone you pass on the street, but as soon as your friend embarked

on a longer conversation with the new guy, he should have paused to introduce you to him, and him to you.

This is basic good manners — on the street, in restaurants,

at parties. There's a whole raft of rules and regulations about formal introductions, mostly about introducing royalty and the elderly before peasants and children (which you can find and

study online if you want).

But the only rule that matters is this: Don't let anyone stand around feeling excluded from a conversation — including yourself. If no one else is going to

make introductions, you should.

Think about it. You were standing there feeling uncomfortable, but maybe the new guy was also feeling a bit weird — especially if you half-smiled like an idiot, then whipped out your phone and pointedly ignored him, then stood there glaring at him with irritation. (Rule of thumb: It's never good manners to be passive-aggressive.)

It's much better to avoid this by introducing yourself right at the start — “Hi, I'm Mikala!” — and put everyone at ease. It doesn't mean you have to horn in on the conversation. You can stand by politely while they chat, but the door is now open for communication between all parties.

This approach will also be much nicer for your ill-mannered friend. Now you don't have to attack him for being such a rude pig the second you walk away from the new guy, or punish him with silent, fuming resentment all day, which, as mentioned, would be passive-aggressive and therefore rude, which you are not, right?



Need advice? Email
Ellen at scene@metronews.ca

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RESEARCH

Want to get more exercise? Then get a new playlist

Personalized music playlists with tempo-pace synchronization turned a group of cardiac rehab patients into devoted fitness enthusiasts, increasing adherence to exercise programs by 70 per cent, according to a new study.

It's your favourite music on playlists that have been sonically modified by audio experts who embed extra rhythmic beats, enhancing the listening and exercise experience in an effect that's called rhythmic auditory stimulation (RAS). The study has implications for patients whose long-term survival could depend on getting exercise, but they could pertain to just about everyone.

“The music tempo-pace synchronization helps cue the



An optimized playlist was shown to help cardiac rehab patients exercise more. SHUTTERSTOCK.COM

person to take their next step or stride and helps regulate, maintain and reinforce their prescribed exercise pace,” says Dr. David Alter, senior scientist for Toronto Rehab at University Health Network and Institute for Clinical Evaluative Sciences.

Those who received playlists with ordinary tempo-pace synchronization did an average of 105.4 minutes more exercise than those who exercised without music, yet those whose playlists had

been tweaked for rhythmic auditory stimulation (RAS) exercised for at least 261.1 minutes more than both the other groups.

Crunching the numbers, the researchers whose study was published in *Sports Medicine* concluded that this corresponds to a 70 per cent increase in weekly exercise. Dr. Alter says cardiac rehab patients could be key to establishing its effectiveness due to their high rate of exercise abandonment. AFP



It would correlate with a projected life expectancy increase of two and a half years.

Researcher Dr. David Alter, on the health benefits of the extra exercise

Defending Nickelback. Again.

POP PARIAS

Now even Aussie police are drinking the Haterade

SOUND CHECK

Alan Cross



As Nickelback prepared to play a show in Brisbane, Australia, last week, the Queensland Police Service issued an Interpol-like alert. If your BS radar was even slightly detuned, it looked like a legitimate Simon Wiesenthal Center-level APB.

“WANTED FOR CRIMES AGAINST MUSIC,” read the tweet. “Police are on the lookout for these men who are believed to be impersonating musicians around Boondall this evening. Avoid this area. It might be hazardous to your hearing and street cred.”

This is good use of police resources? And what has the band ever done to deserve to be the subject of hatred?

I’ve done some digging into this. We can pinpoint the moment when it became fashionable to hate Nickelback. On May 5, 2004, Comedy Central began running a promo for a show called *Tough Crowd* featuring host Colin Quinn dissing a recent study that linked violent lyrics to violent behaviour. “No one talks about the studies that show that bad music makes people violent,” he said, “but listening to Nickelback makes me want to kill Nickelback.”

Until then, Nickelback was merely a popular mainstream rock band. But that promo ran again and again and again, causing the meme to take hold and — well, look where things are today.

Readers of *Rolling Stone* named them the second-worst band of the ’90s, second only to Creed. Online dating sites warn that admitting to liking Nickelback is moderately worse than confessing you have incurable syphilis. But why?

Deconstructing the cause of Nickelback hate is surely worthy of some kind of PhD dissertation. Is it because Chad Kroeger spends too much time writing



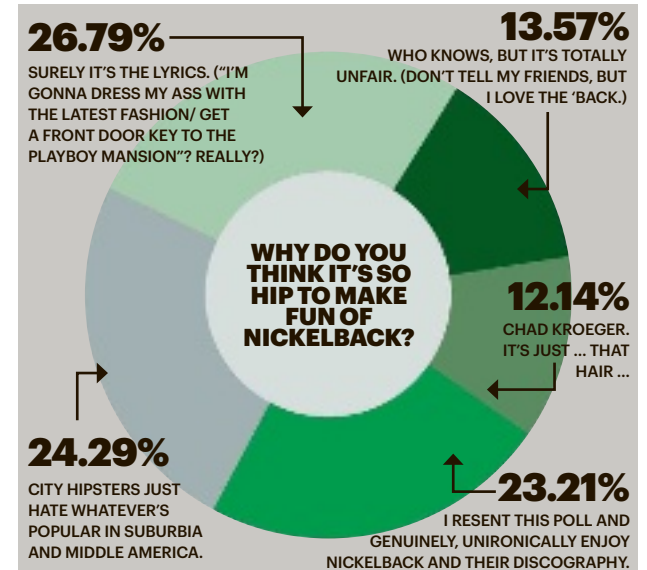
Wanted ... for crimes against music? Columnist Alan Cross thinks it's time we give Chad Kroeger and the rest of the boys in Nickelback a break. MARK DAVIS/GETTY IMAGES

songs about partying, getting blind drunk, sex, strippers and hookers? That doesn’t make sense when you live through Van Halen, Mötley Crüe and Marilyn Manson.

Perhaps it’s the slick main-

stream-ness of the Nickelback sound that doesn’t sit well with critics, hipsters and fans of “proper” rock. Could it be over-exposure? How You Remind Me was the bestselling rock song of the ’00s and played on American

METRONEWS.CA Reader poll



radio more than any other song that decade. It’s easy to hate that kind of success. Or could it be — let’s just say it — because they’re Canadian?

Personally, I have nothing against Nickelback. They pro-

duce insanely popular rock songs that resonate with millions of people in the heartland. Any hate directed toward them is far, far out of proportion with what they do. Any doctoral candidates want to get to the bottom of this?

SPEECHES

Experts lend a hand with public speaking

Elizabeth May’s rambling remarks at the recent parliamentary press gallery dinner thrust the Green party leader into the spotlight for all the wrong reasons.

Lighthearted and self-deprecating speeches are typically hallmarks of the annual non-partisan event. But May’s address to assembled politicians and journalists veered off-course.

Before stepping to the mic, public speaking experts suggest keeping a few tips in mind for mastering the big moment

— and avoiding controversy.

Know your audience

Given that your audience in any public speech could range in age and background, it’s best not to go “out of bounds,” said Beverly Beuermann-King, a stress and resiliency specialist and certified speaking professional based in Little Britain, Ont.

“If you can’t say it in front of all of those groups without kind of embarrassing or frightening or shocking them, then it’s not an appropriate



These days, everything is public and could be made public.

Jim Kokocki, Toastmasters

story,” said Beuermann-King, past president of the Toronto chapter of the Canadian Association of Professional Speakers.

“What you say when you’re with your buddies is not the same as what you can say in front of everybody else.”

Stick to the plan

Write and rehearse your remarks and stick to them, said Jim Kokocki, president-elect of Toastmasters International.

“Sometimes, people in audiences aren’t very demonstrative,” he said from Saint John, N.B.

“So, while you write what you might feel is a brilliant script, you might not get laughs from the

audience. That doesn’t mean they’re not enjoying it.

“I’ve personally had situations where people didn’t (seem to) respond to my humour, but afterwards, people came up and said: ‘That was funny, I enjoyed it very much.’”

Kokocki said he doesn’t think it’s ever a good idea to push the envelope in public remarks.

“I suppose if you’re in a small group with people you’re absolutely sure you know well,

you might choose to do that. But these days, everything is public and could quickly be made public,” he said.

Tell a story

Beuermann-King said the desire to be perfect and impress everyone is often a source of stress prior to giving a speech.

“They put a lot of pressure (on themselves) when in reality, people just want to hear a few stories about that person — appropriate stories —

and just know that you wish them well.”

She suggested sharing a brief, descriptive anecdote that helps guests feel connected to the tale.

Keep it brief

“Figure out what those key stories are, making them about a minute or so apiece, give or take,” said Beuermann-King.

“It really should be a three-to-five-minute speech at most.”

THE CANADIAN PRESS



Stick with your notes, even if your audience isn’t responding. ISTOCK

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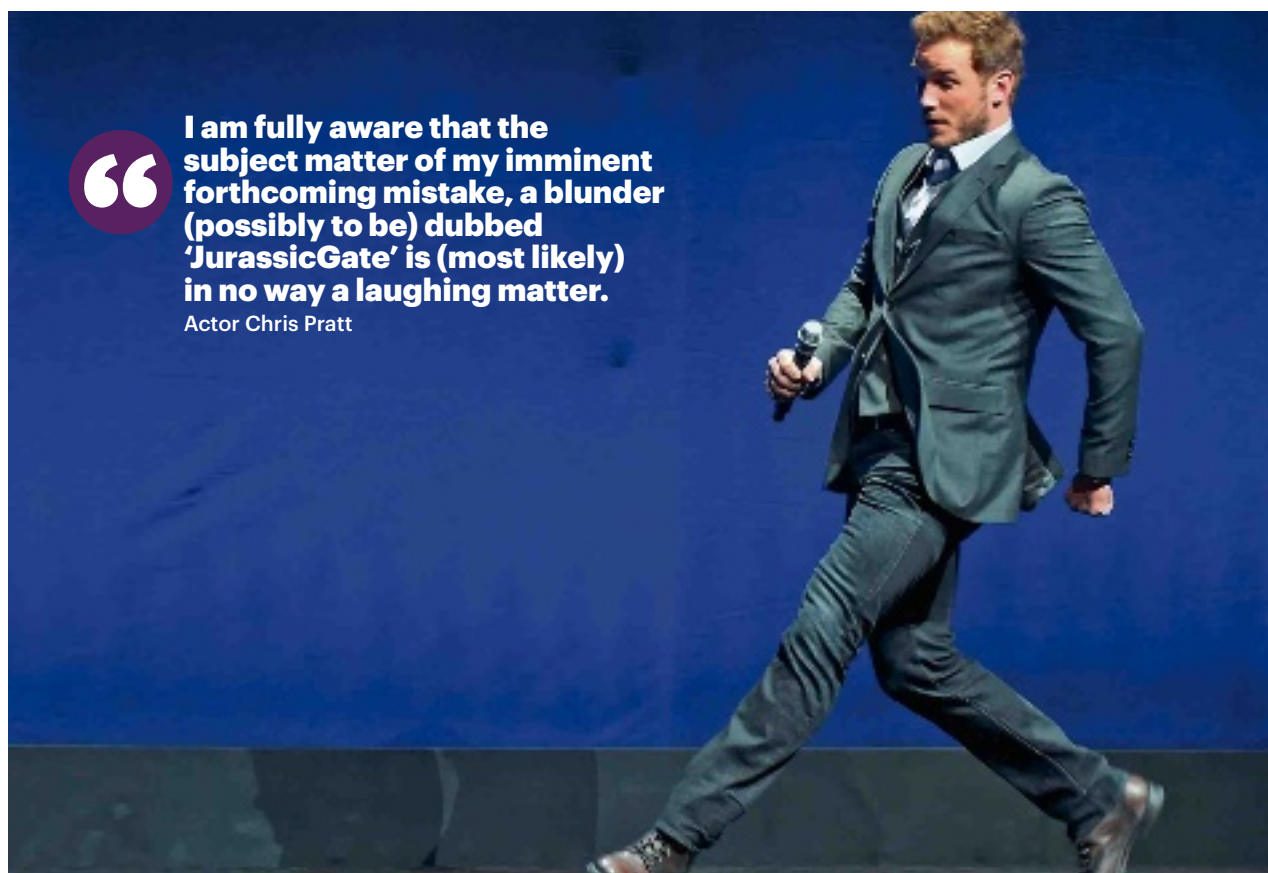
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THIS WEEK: Mouth Guards - They ARE Important

“

I am fully aware that the subject matter of my imminent forthcoming mistake, a blunder (possibly to be) dubbed 'JurassicGate' is (most likely) in no way a laughing matter.

Actor Chris Pratt



Actor Chris Pratt is looking to get out in front of whatever flub he might make by releasing a catch-all apology. ALL PHOTOS GETTY IMAGES

Pratt gets ahead of future flubs

PRESS TOUR

Jurassic World star releases pre-emptive apology



Ned Ehrbar

At least someone learned something from the trouble Jeremy Renner and Chris Evans caused during their Avengers: Age of Ultron press tour with references to Scarlett Johansson's character as a slut.

Fellow Marvel stable-mate and Jurassic World star Chris Pratt is looking to get out in front of whatever potential flub he might make by releasing a wonderfully worded catch-all apology message before

he even begins his press tour.

"I want to make a heart-felt apology for whatever it is I end up accidentally saying during the forthcoming 'Jurassic World' press tour. I hope you understand it was never my intention to offend anyone and I am truly sorry. I swear. I'm the nicest guy in the world. And I fully regret what I (accidentally will have) said in (the upcoming foreign and domestic)

interview(s)," Pratt writes.

"To those I (will have) offended please understand how truly sorry I already am. I am fully aware that the subject matter of my imminent forthcoming mistake, a blunder (possibly to be) dubbed 'JurassicGate' is (most likely) in no way a laughing matter. To those I (will likely have had) offended rest assured I will do everything in my power to make sure this doesn't happen (again)."

THE BREAK IS OVER ...

Emma and Andrew spotted together

Rumours have been circulating that the break Emma Watson and Andrew Garfield had been taking from their relationship is all done since they've been spotted enjoying some meals together in Los Angeles.

And now this: Paparazzi caught the pair out grocery shopping together, and I think we all know what that signifies, right? I mean, I know a Ralph's supermarket in Malibu isn't the most romantic of venues, but they were holding hands and everything.

And it was the first time they'd been photographed together since January. "It was always a 'break' due to sched-

ules," a source assures E! News. "They care for each other and always have the best time when together." Even at the grocery store, apparently.

NED EHRLBAR/
FOR METRO



FULLER HOUSE

#Heartbroken over the Olsen twins

So those reports last week that Mary-Kate and Ashley Olsen had come around on the idea of taking part in the upcoming Netflix Full House reboot? Yeah, not so much.

"Although Ashley and Mary-Kate will not be a part of 'Fuller House,' I know how much 'Full House' has meant to them and they are still very much considered family," executive producer Robert L. Boyett said in a statement.

And if you think you're broken up about it, check out John Sta-

mos. First he simply tweeted the hashtag #heartbroken before heading to Facebook.

"Just so you reporters know, this is not a money gig for any of us — quite the opposite," Stamos wrote. "Sad that a few don't share the rest of the cast's opinion. I can only wish them the best."

NED EHRLBAR/
FOR METRO



GOSSIP NOTES Ban on Brand

Stop asking Katy about her ex, OK?

Sheesh. You marry a famous comedian who divorces you 14 months later, and reporters will never let you hear the end of it.

Katy Perry is still getting questions about Russell Brand more than three years after their split, and you know what? She's had enough.

"He hasn't spoken to me since he texted me saying he was filing for divorce," she tells the Daily Telegraph.

"I don't want to talk about him. My songs will say what I need to say." So quit it, all right?

NED EHRLBAR/
FOR METRO



Rutherford wins gruelling custody battle after three years

After a gruelling and ugly legal battle over custody of her children that spanned three years and two continents and drove her into bankruptcy, former Melrose Place and Gossip Girl star Kelly Rutherford has officially won sole custody of the two children she shares with ex-husband Daniel Gier-

sch, her lawyer confirmed to People magazine.

"We are ecstatic, and hopeful that Monaco will respect the California court's ruling and send the children home," Rutherford's lawyer says.

"It has long been our position that Monaco has no jurisdiction because Hermes and Helena, as

American citizens, have an absolute right to live in their own country."

NED EHRLBAR/
FOR METRO



Stamkos eager to finish the job against Rangers

NHL PLAYOFFS

Bolts could advance to Cup final with win Tuesday night

Steven Stamkos knows what it's like to come close to getting to the Stanley Cup final and wind up not playing on the NHL's biggest stage.

It happened to the Tampa Bay Lightning four years ago, and the three-time all-star is determined to not let another opportunity slip away.

After a slow start to the playoffs, the high-scoring team captain helped the speedy Lightning push the New York Rangers to the brink of elimination from the Eastern Conference final.

Game 6 is Tuesday night at Amalie Arena. A Lightning victory will send Tampa Bay to the Cup final for the second time in franchise history. And the Rangers are looking to extend the series to a seventh game, which would be played Friday night in New York.

"You kind of have to realize where you are and kind of use that as a little bit of motivation," Stamkos said. "The harsh reality is, some guys in this room may never get the chance to get this far again. Hopefully everybody does, but



Steven Stamkos has scored in the past four games and seven of the past 10 for the Lightning.

BRUCE BENNETT/GETTY IMAGES

you never know in this sport."

Stamkos knows first-hand. He and defenceman Victor Hedman are the only players remaining from the Tampa Bay team that came within one victory of playing in the Cup final in 2011. The Lightning lost Game 7 to Boston 1-0

and didn't win another playoff game until this year.

The two-time Maurice Richard Trophy winner was a young, rising star on that team. Now, he's one of the league's most prolific scorers, leading a club that's flourished in the playoffs even when Stamkos

has struggled to score.

After failing to find the back of the net in Tampa Bay's first eight games this post-season, Stamkos has scored in seven of the past 10 to help the Lightning eliminate Montreal in the second round and take a 3-2 series lead over the Rangers.

As this playoff has gone on, Stamkos just continues to rise to the occasion.

Lightning coach Jon Cooper on Steven Stamkos

New York overcame a 3-1 deficit to eliminate the Washington Capitals in the second round. They've been a resilient team in reaching the conference finals three of the past four years, and say they believe they're capable of taking the series back to Madison Square Garden.

"We've obviously been in a few of these situations in the past and are very confident that our group is going to enjoy the opportunity and enjoy the challenge, get ready for it and come up with a good game," Rangers coach Alain Vigneault said.

"We know the situation we're in," New York centre Derek Stepan added. "We have to stay confident."

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Game 5 in the Western Conference final between the Ducks and Blackhawks.

NBA PLAYOFFS

LeBron won't give in to pain

LeBron James hurts everywhere, the King of Pain.

One win from taking the Cavaliers back to the NBA Finals, and one step closer to a title he covets more than any other, James leaned against a padded wall on Monday and hardly resembled basketball's most undeniable force.

"I'm feeling all right," he said, forcing a smile that showed he wasn't being entirely truthful. "I've been better, but I've been worse. I think I've been worse."

James moved slowly and not with his usual grace one day after his brilliant performance in Game 3 lifted Cleveland to a 114-111 win over the Atlanta Hawks in overtime, moving the Cavs within a victory of their first Finals appearance since 2007.

James wore a sleeve on his right calf, which cramped so severely he asked to be taken out Sunday night before reconsidering. Instead, he pushed through the pain and delivered 37 points, 18 rebounds and 13 assists — all after an 0-for-10 shooting start — to help the Cavs take a 3-0 series lead.

He's battered, not beaten. James isn't going to let anything stop him. Not now. Not this close to his fifth straight Finals or a championship.

"When you want to win, you've got to sacrifice your body feeling good," he said. "That's just what it's about."

THE ASSOCIATED PRESS



LeBron James

GETTY IMAGES

FRENCH OPEN

Venus suffers early dismissal in Paris

A loss by Venus Williams in the first round at a Grand Slam is no longer the rarity it once was.

And, as it happens, the woman who beat Williams at the French Open on Tuesday, Sloane Stephens, is making a concerted effort, at her coach's behest, to focus less on who is on the other side of the net.

Still, it was hard not to see the 22-year-old Stephens' 7-6 (5), 6-1 dismissal of seven-time major champion Williams, who at 34 was the oldest woman in



She just played better than me today.

Venus Williams

the field, as a statement about the directions their respective careers are heading.

It was Williams' second opening defeat in three years at Roland Garros. THE ASSOCIATED PRESS



IN BRIEF

Canadian speedskater charged in auto accident

Four-time Olympic speedskating medallist Denny Morrison has been charged with failing to yield to a yellow light after a motorcycle crash last month left him with a broken leg.

The accident occurred when the athlete from Fort St. John, B.C., hit the side of a Toyota Corolla with enough force to upend the car. Two women in their 20s were in the car but did not need to go to the hospital. THE CANADIAN PRESS

NFL

McDonald cut by Bears after arrest



Ray McDonald played eight seasons for the 49ers.

GETTY IMAGES FILE

The Chicago Bears have released defensive end Ray McDonald following a domestic violence arrest in Northern California that police say stemmed from him assaulting a woman who was holding a baby.

Santa Clara police Lt. Kurt Clarke reports that McDonald was taken into custody at 7 a.m. Monday on suspicion of domestic violence and child endangerment. Police did not disclose if the woman or the baby were injured. THE ASSOCIATED PRESS

+ NEXT GAME

With a win on Tuesday night, the Cavs can clinch the Eastern Conference title and get some rest before a Finals matchup presumably against Golden State, which led Houston 3-0 heading into Monday's Game 4.

RECIPE Salmon with Avocado and Orange Salsa



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 10 minutes
Cook time: 15 minutes

Ingredients

- 1 1/2 lb salmon fillet
- Salt and pepper
- Salsa**
- 2/3 cup finely diced orange
- 2/3 cup finely diced avocado
- 2 tsp orange juice concentrate
- 1/4 cup finely chopped red bell pepper
- 1/4 cup finely chopped red onion
- 2 tsp olive oil
- 2 tsp lemon juice
- 1/2 tsp finely chopped garlic
- Salt and pepper
- 1/4 cup chopped cilantro

Directions

1. In a small bowl, combine the salsa ingredients. Stir to combine and set aside.
2. Preheat a barbecue to medium-high heat or lightly coat a non-stick grill pan with cooking spray and set over medium-high heat. Sprinkle the salmon with salt and pepper. Cook the salmon for about 10 minutes per inch of thickness or until the fish just flakes when tested with a fork.

3. Spoon the salsa over the salmon before serving.

Nutrition per serving (recipe serves 6)

- Calories 238
- Protein 26 g
- Carbohydrates 21 g

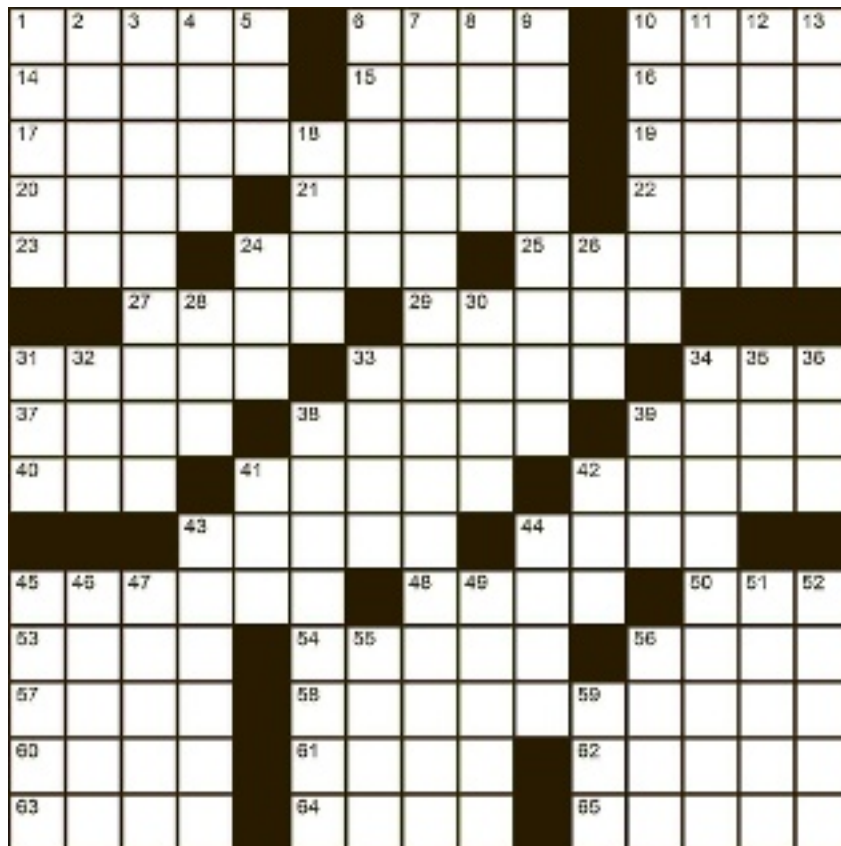
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Valuables keepers
6. Keener
10. Semi-wet
14. Suffix for a branch of knowledge
15. Cabbage: French
16. River inlets
17. Builder's printouts for the home buyers: 2 wds.
19. Covetousness
20. Tsp., et al.
21. Too critical
22. 'Problem' suffix
23. Type of orchestra, briefly
24. Cartoon friend of Pebbles, when doubled
25. Macbeth (Scotland-set mystery novel series by M.C. Beaton)
27. Complete
29. Face
31. Military trainee
33. Montreal (Historic area of Quebec's largest city)
34. Tap on
37. One's appetite
38. Type of eatery
39. Morning grass characteristic
40. Seasickness, de mer
41. "Easy" (1969)
42. Southern
43. Comedian
44. Hoop
45. Patricia, Canadian director of "Mansfield Park" (1999)
48. Ancient attraction



50. Montreal NHL-er
53. By any chance?
54. Bright city signs
56. Sandy formation
57. Point
58. Government-owned expanses of Canada: 2 wds.

60. Payment in poker
61. Go on a country walk
62. Book's brief beginning
63. Not as much
64. The Coast
65. Namesakes of actor Mr. Diggs

DOWN

1. Couches
2. "Love" by Led Zeppelin
3. One employed for sandals adverts: 2 wds.
4. Characters' selves
5. Central Asia river,

- Darya
6. Happy as!
7. Member of the Order of Canada who is a 5x Olympian in track: 2 wds.
8. Geological periods
9. 1998 Jackie Chan action com-

- edy: 2 wds.
10. Whimsically wondered
11. "a stinker?" - Bugs Bunny
12. Canadian author Ms. Gallant
13. Dule Hill series of 2006 to 2014
18. "Lap" (1983)
24. Vegas wager
26. Lac-Sables, Quebec
28. Animal doc
30. Labatt product
31. Uniquely-spelled mountain basin
32. "Just as I thought!"
33. NFLD: Quidi (St. John's neighbourhood)
34. Marg (Politicians-inter-viewing character for Canadian comedian Mary Walsh)
35. Pointy tool
36. TTFN
38. Sunday: French
39. Rocker Mr. Shannon
41. Movie genre, com
42. Roll
43. Truly, archaically
44. ' Hers
45. Queenly
46. Pertaining to sheep
47. Tangs
49. Dry, basically
51. Outkast member, 3000
52. Kisses: Spanish
55. 'Ranch' suffix
56. Mr. Carvey
59. On, as a candle

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Strangely, you will get a lot more done today if you slow down and try to do less — not least because you won't have to spend so much time correcting your mistakes!

Taurus April 21 - May 21
If someone is critical of you today there can only be one reason: they are jealous of your popularity and success. If they say that you are doing something wrong the more you can be sure you are doing it right.

Gemini May 22 - June 21
Get routine matters out of the way as early as you can because later in the day you will get an invite you won't want to turn down. Take your responsibilities seriously, but not so seriously that you cannot enjoy yourself.

Cancer June 22 - July 23
You may not care too much about money and possessions, but try not to give others the impression today that you will give them whatever it is they want from you.

Leo July 24 - Aug. 23
Jupiter in your sign is a wonderful influence and you won't lack for confidence over the next few days. But can you balance it with common sense? If not you might go over the top.

Virgo Aug. 24 - Sept. 23
You may be eager to try new things, but don't take unnecessary risks with money or your reputation. While your ruling planet Mercury continues to move retrograde you should aim to play safe, in some things at least.

Libra Sept. 24 - Oct. 23
Do you see things the way they are or the way you would like them to be? That's an important question because the planets warn you could be a little too optimistic for your own good today.

Scorpio Oct. 24 - Nov. 22
Someone you have to deal with today and tomorrow may seem scary but they are more afraid of you. You always seem so self-possessed and sure of yourself and it can be quite intimidating!

Sagittarius Nov. 23 - Dec. 21
You don't have to make apologies to someone you fell out with. Why should you when they are wrong and you are right? On the other hand maybe you should soften your tone.

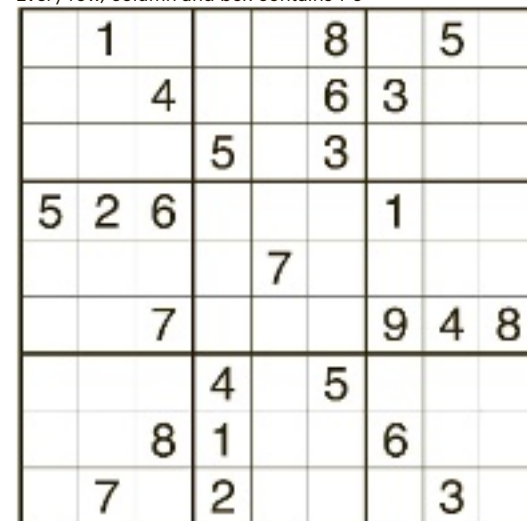
Capricorn Dec. 22 - Jan. 20
You seem to be under the impression that you can get away with anything. It may or may not be true but either way it's not a wise attitude to take.

Aquarius Jan. 21 - Feb. 19
Can you believe what a friend or relative says? It may sound outrageous but according to the planets they could be telling you the truth. What do your instincts tell you?

Pisces Feb. 20 - March 20
Don't push yourself too hard over the next 24 hours. If you can get away with it today you should knock off early from work and give both your brain and your body a rest. Your batteries are desperately in need of a recharge.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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